



# Public Health Bulletin

Department of Health and Human Services

Volume 1, Issue 5

Data for May 1998

*The mission of the City of Long Beach Department of Health and Human Services is to improve the quality of life of the citizens of Long Beach by addressing the public health and human service needs ensuring that the conditions affecting the public's health afford a healthy environment in which to live, work and play.*

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## summer safety

A fatal injury occurs every 6 minutes and a disabling injury occurs every 2 seconds in the United States, according to the National Safety Council. With the summer upon us, school out, and more outdoor activities and travel, the chance of an accident or fatal injury occurring are even greater. In an effort to promote public awareness, the National Safety Council has designated June as National Safety Month.

**ABOUT 800 PEOPLE, INCLUDING 250 CHILDREN, ARE KILLED EACH YEAR IN THE UNITED STATES IN BIKE-RELATED INCIDENTS.**

The most important piece of advice for bicyclists is to wear an approved bike helmet. Bike helmets can reduce the risk of head injury by 85%. Other important recommendations for bicyclists include:

- ◆ Obey traffic rules.
- ◆ Ride in single file with traffic, not against it.
- ◆ Watch for opening car doors, sewer gratings, debris, or other obstacles.
- ◆ Always be seen by wearing bright clothing during the day and reflective clothing at night.

**DROWNING IS THE SECOND-LEADING CAUSE OF PREVENTABLE INJURY-RELATED DEATH IN CHILDREN, WITH 1,000 DROWNING DEATHS EACH YEAR IN THE UNITED STATES.**

The best way to prevent accidental drowning is constant adult supervision of children around swimming pools and other bodies of water. Proper swimming pool barriers also offer protection against drownings. Other pool safety rules are:

- ◆ Never leave children alone near the water.

- ◆ Always use approved flotation devices rather than inflatable toys.
- ◆ Remove toys, which may attract young children, from in and around the pool.
- ◆ With above ground pools, secure and lock steps/ladders from the ground to the pool, or remove them entirely when adults are not present.

**OVER 800 PEOPLE DIE IN OVER 6,900 RECREATIONAL BOATING-RELATED ACCIDENTS YEARLY IN THE U.S. NINE OUT OF TEN DROWNING VICTIMS WERE NOT WEARING LIFE JACKETS.**

Life jackets are important because most boating accidents occur when someone falls overboard or capsizes their boat, contrary to the popular image of fiery collisions. Some tips for boating include:

- ◆ Using a U.S. Coast Guard approved life jacket that fits properly.
- ◆ Avoid boating under the influence of alcohol or drugs. The effects of alcohol or drugs are exacerbated by sun, wind, dehydration, and boat motion and vibration.
- ◆ Take a safe boating course.

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# Communicable Disease Report

Selected Reportable Diseases for the City of Long Beach

Disease	May 1998	May 1997	YTD 1998	YTD 1997
AIDS	19	18	80	82
AMEBIASIS	1	0	3	5
CAMPYLOBACTERIOSIS	5	3	12	27
CHLAMYDIAL INFECTIONS	137	135	437	577
GIARDIASIS	3	3	15	19
GONORRHEA	43	40	144	185
H. INFLUENZAE	0	1	0	4
HEPATITIS A	0	6	14	51
HEPATITIS B, acute	0	1	4	6
HEPATITIS C, acute	0	0	0	0
MEASLES	0	0	0	0
MENINGITIS, viral (aseptic)	7	3	17	10
MENINGOCOCCAL INFECTIONS	0	1	1	2
NON-GONOCOCCAL URETHRITIS (NGU)	17	20	43	89
PERTUSSIS	0	0	0	0
RUBELLA	0	0	0	0
SALMONELLOSIS	5	2	14	28
SHIGELLOSIS	0	1	2	16
SYPHILIS, primary and secondary	5	2	7	14
SYPHILIS, early latent (<1 year)	1	1	2	6
TUBERCULOSIS	4	9	19	47

## Summer Safety *(continued from page 1)*

**IN THE U.S., ABOUT 7,600 PEOPLE WERE TREATED FOR FIREWORKS-RELATED INJURIES IN 1996.**

A majority of the injuries from legal types of fireworks involved misuse rather than malfunction. It is also best to buy fireworks from reliable fireworks sellers. Other tips regarding fireworks include:

- ◆ Have a responsible adult present.
- ◆ Ignite fireworks outdoors, and one at a time.
- ◆ Store fireworks in a cool, dry place.
- ◆ Always have water handy.

**MOTOR VEHICLE CRASHES ARE THE LEADING CAUSE OF DEATH OF CHILDREN IN THE UNITED STATES. OVER 1,800 CHILDREN UNDER AGE 15 DIE AND 286,000 ARE INJURED EACH YEAR IN CRASHES.**

Between 60 to 70 percent of children under 15 who were killed in automobile crashes in 1995 were not buckled up. The best solution is to ensure that all passengers, not just children, are wearing safety belts.

FOR MORE INFORMATION ON SAFETY, VISIT THE NATIONAL SAFETY COUNCIL'S WEBSITE AT [WWW.NSC.ORG](http://WWW.NSC.ORG).

## Choose Your Cover

Guard yourself from the harmful effects of summer sun by choosing an appropriate form of protection. The Centers for Disease Control and Prevention recommend the following steps to protect you and your family.

**Get a Hat** Hats can help shield your skin from the sun's UV rays. Look for a hat with a 4-inch brim, all the way around, that shades your face, ears, and the back of your neck, for the most protection.

Between 10:00 a.m. and 4:00 p.m., the sun's UV rays are the strongest and do the most damage. Avoid direct exposure to the sun during that time.

**Cover Up** Clothing that covers your skin protects against the sun's UV rays. A long-sleeved shirt and long pants with a thick weave provide the best protection.

Protect your eyes from UV rays and reduce the risk of cataracts by wearing sunglasses. For maximum protection, look for glasses that block both UVA and UVB rays.

**Rub It On** Sunscreen that blocks both UVA and UVB rays and that has at least SPF 15 can protect you from overexposure to sunlight and prevent other problems related to sun exposure, such as aging skin and precancerous growths. Sunscreens should be used along with other forms of "covers" and must be reapplied throughout the day, especially after swimming or exercising.

Source: Centers for Disease Control and Prevention, [www.cdc.gov](http://www.cdc.gov).

### Health Department Phone Numbers

General Information  
(562) 570-4000  
[www.ci.long-beach.ca.us/health](http://www.ci.long-beach.ca.us/health)

Animal Control Shelter  
(562) 570-7387

Early Intervention Program/  
HIV Testing/STD Clinic  
(562) 570-4315

Environmental Health  
(562) 570-4132

Family Preservation Program  
(562) 570-1260

Immunizations/Walk-In Clinic  
(562) 570-4222

Prenatal Clinic  
(562) 570-4217

Senior Center  
(562) 570-3531

Tobacco Education Program  
(562) 570-8508

WIC Program  
(562) 570-4242

The Public Health Bulletin is published as a public health service to interested City of Long Beach residents by the Department of Health and Human Services  
2525 Grand Avenue  
Long Beach, CA 90815  
(562) 570-4000  
[www.ci.long-beach.ca.us/health](http://www.ci.long-beach.ca.us/health)

To be added or removed from the mailing list, please contact Meredith Delaney at (562) 570-4298 or email [medelan@ci.long-beach.ca.us](mailto:medelan@ci.long-beach.ca.us).

This information is available in an alternative format.

Data contained in this publication are considered provisional due to reporting delays.

# AIDS Surveillance Program Data

City of Long Beach Data as of May 31, 1998

<b>3,341 Total Long Beach City AIDS Cases</b>	<b>(2,087 deceased - 62% Mortality Rate)</b>
3,332 Adult Cases	(2,082 deceased - 62% Mortality Rate)
9 Pediatric Cases	(5 deceased - 56% Mortality Rate)

## AIDS Cases by Gender

	#	%
Male	3,171	95
Female	170	5

## AIDS Cases by Race/Ethnicity

	#	%
White, Not Hispanic	2,177	65
Black, Not Hispanic	541	16
Hispanic	559	17
Asian/Pacific Islander	49	1
American Indian/Alaskan	8	<1
Unknown	7	<1

## AIDS Cases by Exposure Category

	#	%
Male-to-Male Contact	2,579	77
Intravenous Drug Use	272	8
Male-to Male Contact and Intravenous Drug Use	261	8
Heterosexual Contact	103	3
Recipient of Blood/Blood Products Transfusion	26	<1
Hemophilia/Coagulation Disorder	12	<1
Mother at Risk (Perinatal Exposure)	8	<1
Risk Not Reported/Other	80	2

## HIV/AIDS Information

California AIDS Multilingual Hotline: 800-922-AIDS  
CDC National HIV/AIDS Hotline (TTY): 800-243-7889

*The City of Long Beach AIDS Surveillance Program also publishes an HIV/AIDS Monitoring Report that contains additional data about AIDS in Long Beach. For more information, call (562) 570-4298.*












City of Long Beach  
Department of Health and Human Services  
2525 Grand Avenue, Room 201  
Long Beach, CA 90815












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### Attention Health Care Providers










The California Code of Regulations, Title 17, Section 2500, requires the report of communicable diseases and conditions. To report a case of a communicable disease, contact the City of Long Beach Department of Health and Human Services Epidemiology Program at 562-570-4302 or by fax at 562-570-4374.








#### Reportable Communicable Diseases


AIDS  
Amebiasis  FAX  
Anisakiasis  FAX  
Anthrax   
Babesiosis  FAX  
Botulism   
Brucellosis  
Campylobacteriosis  FAX  
Chancroid  
Chlamydial Infections  
Cholera   
Ciguatera Fish Poisoning   
Coccidioidomycosis  
Colorado Tick Fever  FAX  
Conjunctivitis, Acute Infectious of the Newborn  FAX  
Cryptosporidiosis  FAX

Cysticercosis  
Dengue   
Diarrhea of the Newborn   
(Outbreaks)  
Diphtheria   
Domoic Acid Poisoning   
Echinococcosis  
Ehrlichiosis  
Encephalitis  FAX  
*Escherichia coli* O157:H7   
Foodborne Disease  FAX †  
Giardiasis  
Gonococcal Infections  
*Haemophilus Influenzae*  FAX  
Hantavirus Infections   
Hemolytic Uremic Syndrome   
Hepatitis, Viral  FAX  
Kawasaki Syndrome  
Legionellosis


Leprosy  
Leptospirosis  
Listeriosis  FAX  
Lyme Disease  
Lymphocytic Choriomeningitis  FAX  
Malaria  FAX  
Measles  FAX  
Meningitis  FAX  
Meningococcal Infections   
Mumps  
Non-Gonococcal Urethritis  
Paralytic Shellfish Poisoning   
Pelvic Inflammatory Disease  
Pertussis (Whooping Cough)  FAX  
Plague, Human or Animal   
Poliomyelitis, Paralytic  FAX  
Psittacosis  FAX  
Q Fever  FAX  
Rabies, Human or Animal 

Relapsing Fever  FAX  
Reye Syndrome  
Rheumatic Fever, Acute  
Rocky Mountain Spotted Fever  
Rubella  
Rubella Syndrome, Congenital  
Salmonellosis  FAX  
Scombroid Fish Poisoning   
Shigellosis  FAX  
Streptococcal Infections  FAX  
(Outbreaks of Any Type and Individual Cases in Food Handlers and Dairy Workers Only)  
Swimmer's Itch  FAX  
Syphilis  FAX  
Tetanus  
Toxic Shock Syndrome  
Toxoplasmosis  
Trichinosis  FAX  
Tuberculosis  FAX

Tularemia  
Typhoid Fever  FAX (Cases and Carriers)  
Typhus Fever  
*Vibrio* Infections  FAX  
Viral Hemorrhagic Fevers   
Water-associated Disease  FAX  
Yellow Fever   
Yersiniosis  FAX  
**OCCURRENCE of ANY UNUSUAL DISEASE OUTBREAKS of ANY DISEASE **  
Reportable Noncommunicable Diseases/Conditions  
Alzheimer's Disease  
Cancer  
Disorders Characterized by Lapses of Consciousness

 FAX = Report by FAX, telephone, or mail within one (1) working day of identification.

† = Report immediately by telephone when two (2) or more cases or suspected cases of foodborne disease from separate households are suspected to have the same source of illness.

 = Report immediately by telephone.  
All other diseases/conditions should be reported by FAX, telephone, or mail within seven (7) calendar days of identification.